

## Babies

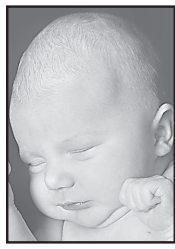
### Kendall D. Crawford

Kendall D. Crawford, daughter of Scott and Taryn Crawford of Hays, was born Tuesday, Aug. 21, 2012, at the Hays Medical Center. She weighed 8 pounds, 3 ounces and measured 20 inches.

She was welcomed home by her sister, Chloe Crawford, 18 months.

Kendall is the granddaughter of Cecil and Brenda Crawford of Plainville and Mike and Jennifer Woofter of Colby.

Great-grandparents are Gladys Woofter of Hoxie and Mary Ellen Horton of Atwood.



Kendall C.

### Konnor Mark Cersovsky

Konnor Mark Cersovsky, son of Kraig and Reba Cersovsky of Colby, was born Friday, Sept. 7, 2012, at Citizens Medical Center in Colby. He weighed 6 pounds, 11 ounces and measured 19 inches.

Grandparents are Mark Cersovsky of Colby, Sherri Hill of Ridge Field, Wash., and Wayne and Wendy Schiesser of Fergus Falls, Minn.

### Issac Axavior Alan Dugger

Issac Axavior Alan Dugger, son of Skylar Justice and Kirt Dugger of Colby, was born Monday, Sept. 24, 2012, at Citizens Medical Center in Colby. He weighed 5 pounds, 13 ounces and measured 19 1/2 inches.

He was welcomed home by a sister, Destiny Justice.

Grandparents are Shelly Aufrecht, April Sheets and Casey Myer, all of Colby.

Great-grandparents are Ronald and Cathy Brown of Colby.

### Sydney Dae Hughes

Sydney Dae Hughes, daughter of Sarah Bare and Christopher Hughes of Colby, was born Tuesday, Sept. 25, 2012, at Citizens Medical Center in Colby. She weighed 7 pounds, 12 ounces and measured 19 1/4 inches.

Hughes and Corey Hughes.

Sydney is the granddaughter of George and Margie Kramer of Colby, Bud Bare of Boyten Beach, Fla., and Billie Sue Hughes of Bim, W.Va.

She is the great-granddaughter of Ruth Day of West Palm Beach, Fla.

She was welcomed home by her sisters Jennifer Hughes and Elise Hughes, and her brothers Gage

### Elizabeth Irene Martin

Elizabeth Irene Martin, daughter of Jeremy and Amanda Martin of Goodland, was born Thursday, Sept. 20, 2012, at Citizens Medical Center in Colby. She weighed 6 pounds, 12 ounces and measured 21 inches.

brother Jacob.

Elizabeth is the granddaughter of George and Joyce Kemp of Cheyenne Wells, Colo., and Chris and Mary Martin of Ainsworth, Neb.

Great-grandparents are Durward and Carol Kimmel of Norfolk, Neb.

She was welcomed home by her sisters Marie and Claire and

### Jerald Santana-Morales

Jerald Santana-Morales, daughter of Juan Santana and Maria Morales of Colby, was born Tuesday, Sept. 11, 2012, at Citizens Medical Center in Colby. She weighed

8 pounds, 4 ounces and measured 21 inches.

She was welcomed home by her brother Juan and sisters Evelyn and Saray.

### Vincent Nathan Schwarz

Vincent Nathan Schwarz, son of Vincent and Megan Schwarz of Colby, was born Monday, Sept. 24, 2012, at Citizens Medical Center in Colby. He weighed 7 pounds, 15 ounces and measured

20 inches.

Vincent is the grandson of Herman and Joan Schwarz of Colby and Paul and Sheila Gift of Holyoke, Colo.

## Markets

Quotes as of close of previous business day

Hi-Plains Co-op	
Wheat (bushel)	\$8.13
Corn (bushel)	\$7.43
Milo (hundredweight)	\$12.91
Soybeans (bushel)	\$14.61

## Corrections

The Colby Free Press wants to maintain an accurate record of our town. Please report any error or lack of clarity in a news story to us at 462-3963.

# Frost predictions just a little bit tardy

My original plan for today's epistle was to write, at length, about the average first frost dates in the individual areas in which these words are read.

But as I write today, it is Friday, Oct. 5, exactly a week before one of the papers that so generously allows me to use their space, actually reaches their subscribers.

And so, I must be very careful not to pass along information on activities or events that have already taken place. Such oversight will cause readers to think I am some kind of dumbo. I have long understood that that may be the case anyway, but now, I face a critical decision.

You see, the National Weather Service has issued a forecast for the next couple of days, Oct. 6 and 7, that if correct, will effectively put an end to the growing season in all areas of this column's circulation. Keep in mind that the papers that publish these ramblings will go to the printer AFTER the scary forecast for Oct. 6 and 7. Still, they must have this blog in their hands no later than today, Oct. 5.

Really, there is no serious problem here. If the National Weather Service says it is going to freeze Oct. 6 and 7, then it is certainly going to freeze on Oct. 6 and 7! I just hope they are also correct about a pretty good chance of some form of precipitation.

But really, fellow gardeners, we will no longer have to spend overtime hours worrying about those stupid tomatoes! We've coddled them since late last April like they were some kind of spe-



Kay Melia

• The Gardener

cial offspring, even through days and weeks of unrelenting heat and drought. We've sprayed, fertilized, watered and weeded those things as if their survival was a matter of life or death.

And I would venture a guess that most tomato devotees have applied some kind of cover to protect those precious vines in an attempt to extend the season. Never mind that it will likely freeze again next week, and you'll do the cover up thing again.

I say "good riddance." And I will also say that I will be the first to shed a tear when I am forced to buy the hard, tasteless, overpriced stuff they call tomatoes at the supermarket.

Just so you will know, or may have forgotten, the average first frost according to Weather Library records is supposed to occur in Rawlins County about Sept. 29. That's the earliest in Kansas. The magic date in Thomas and Decatur County is Oct. 2. In Cheyenne, Phillips, and Sherman counties, expect Oct. 6 to be the last day of the growing season. Well I do believe that is tomorrow, as I'm writing this.

If you will excuse me, I think I'll slip out and cover up a couple of my best-looking tomato vines. When these words are read in Goodland, I will be exactly a week late. I think.

## Several Colby families attend August reunion

The descendants of John and Elizabeth (Robben) Moellering gathered Aug. 18 for a potluck family reunion at the Immaculate Conception Parish Hall in Grinnell. Hosts and hostesses were Dennis and Jane Schwarz of Oakley and Larry and Angie Feldt of Lenora.

The afternoon was spent with visiting, looking through photo albums and reminiscing.

Those present were Betty (Moellering) Feldt and friend Bob Koerner, Hays; Richard and Jean (Moellering) Dempewolf, Colby; Johnnie and Elaine Moellering, Grinnell; Bob and Alverda Moellering, Hoxie; Bernie Moellering, Oakley; Jack Juenemann and Marge Miller, Longmont, Colo.; Mary Braden, Hays; Rick and Mary Lou Mastin, Hays; Terry and Betty Hockersmith, Oakley; Jesse and Primrose Hockersmith and family, Victoria;

Clem and Ann Delzeit, Scranton; Betty Grunewald, Mills, Wyo.; Pauline Zimmerman, Oakley; Marita Schieck, Colby; Joyce Tice, Hoxie; Lucy Zerr, Levant; Tom and Roxy Broeckelman, Quinter; Joe and Cathy Broeckelman, Selden; Joe and Dana Leija and family, Gem; Chris, Megan, Kayden and Gabriel Broeckelman, Natoma; Judy Zerr, Hays; Merlin and Jeanne Peter, Scott City; Garrie and Marilyn Munk, Syracuse; Roger and Carol Baalman, Laramie, Wyo.; Tom and Janet Fisher, Hays; Larry and Angie Feldt, Lenora; Ron Schwarz, Great Bend; Dennis, Jane and Brandon Schwarz, Oakley; Terri, Kaitlynn and Dylan Walker, Russell; Todd and Tammi Burhle and sons, Russell; Steve Dempewolf, Colby; and Jerry Moellering, Ulysses.

## Deaths

### Eileen Dible

Eileen Dible, 92, Colby, formerly of Rexford, died today, Monday, Oct. 8, 2012, at Citizen's

Medical Center in Colby. Services are pending with Paul's Funeral Home in Selden.

## Bod Pod testing available at college

Students enrolled in the Physical Therapist Assistant program at Colby Community College are being trained on state-of-the-art equipment that measures an individual's percent and absolute amounts of fat and lean body mass.

The Bod Pod is used to measure body mass and estimate body composition. In addition, it estimates the resting metabolic rate and total energy expenditure in those over 10 years old.

"The Bod Pod was purchased with funds from a Perkins' grant," said program director Pat Erickson. "We are the only facility with a Bod Pod from Denver to Kansas City."

The equipment uses densitometry to estimate fat and lean mass. To accomplish this, users get inside the unit and allow the air to be withdrawn. A computer printout is provided following three short tests. The entire process requires about 10 minutes per person.

"The Bod Pod is the 'gold' standard in body composition testing," said Erickson. "The test requires two hours of fast from food, water

and exercise. Participants need to wear a swimsuit or underwear for testing."

The printout includes weight, percent of body fat and percent of lean mass. A certain amount of fat is necessary for good health. For men, the minimal amount of essential fat is approximately 3 to 5 percent. For women, essential fat is approximately 12 to 15 percent. If too much fat accumulates over the years, health may be compromised. Lean mass is everything except the fat. It includes muscle, water, bone and internal organs. Healthy levels of lean mass contribute to physical fitness and may prevent conditions such as osteoporosis.

The college is making the instrument available to the public at a cost of \$10. This includes the initial test and retesting after the recommended time frame. It is accurate for anyone over 10 years old to a weight of approximately 525 pounds.

Call Erickson at (785) 460-5445 or e-mail pat.erickson@colbycc.edu for an appointment. Testing is by appointment only.

## September reunion gathered Colby cousins in Nebraska

Stupka cousins from six states met Sept. 15 in Trenton, Neb., including several of Colby, Herman (Bud) Stupka, Hermania (Hedy) Tubbs and Berniece Luker.

Others who attended were triplets Jean Bamberger, Aurora,

Colo., Janice Bath, Denver, and Judy Brown, Houston; Don D. Stupka Jr., Denver; David Stupka, Minden, Neb.; Jerry (Rita) Stupka, Trenton; Bud (Evelyn) Macy of Mesquite, Nev.; and Joe (Joan) Glasser, Gresham, Ore.

## Shooting Stars Square Dance

The Shooting Stars Square Dance Club will have two dances in October at the Roosevelt Elementary School, 2000 MacArthur in Hays. Everyone is welcome to attend, singles and couples of all ages.

The first dance will be from 8 to 10:30 p.m. Saturday. Mike Hudson will call the squares.

The second dance will be at the

same time on Saturday, Oct. 27, with Karen McGown calling the squares.

Each dance will have refreshment and a Pot o' Gold.

For information, call Opal Flinn at (785) 726-4432.

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Course Content Video Preview (Best viewed using Red Laser QR Code Reader)

Contact: Barry Kaaz  
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Drawings will be held for cancer screenings donated by Citizens Medical Center, Inc.